



## Chicken Stir Fry Noodles

Ingredient	10 Portions	50 Portions	100 Portions
Diced 50/50 chicken	600g	3kg	6kg
Egg Noodles	200g	1kg	2kg
Soy Sauce	10ml	50ml	100ml
Fresh Ginger	4g	20g	40g
Sliced Peppers	60	300g	600g
Onion	60	300g	600g
Spring Onion	1	3	6
Beansprouts	50g	200g	400g
Salt and Pepper	To taste	To taste	To taste
Peas	50g	200g	400g
Olive Oil	For Cooking	For Cooking	For Cooking

### Key Points

You could add freshly chopped coriander or different vegetables to this recipe.

### Method

1. Heat the Olive oil in a large heavy bottomed pan and begin Frying the chicken and the diced vegetables and ginger in olive oil seasoning with salt and pepper.
2. Boil a pan of water and add the noodles for around 5 minutes or until soft.
3. Drain the noodles and add them to the vegetable and ginger mixture.
4. Add the soy sauce until the desired flavour and colour has been achieved.
5. Serve immediately.

**Allergens** Wheat, Eggs, Soya